



**FREE WEIGHT HOME GYM
WITH LEG LIFT**

Owner's Manual

Model No: 91960-01

Warranty

Parts List

Assembly Instructions

Fitness Guidelines

1-800-345-9950

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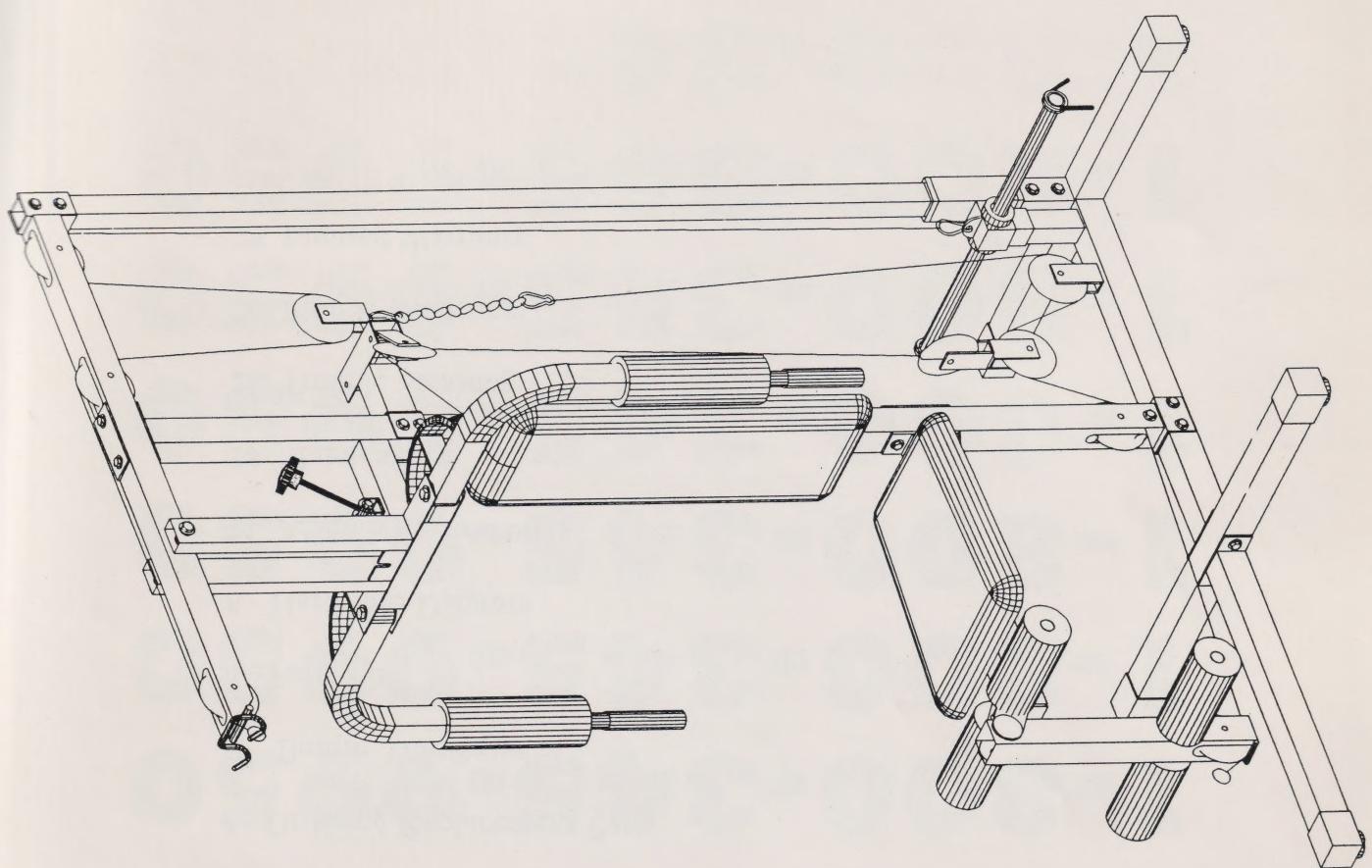
1-800-345-9950

At Formula Ventures, we are dedicated to providing the best quality fitness products. Sometimes we fail to equip you with everything necessary to get you on your way to achieving your fitness goals. Whether it is a missing part of the product you purchased, or you are having a hard time fitting all the pieces together, we are available to assist you. **Do not go back to the retail store where you purchased the product.** Call our customer service department at 1-800-345-9950 between the hours of 9:00 am until 4:30 pm, Eastern time, Monday through Friday. **Thank you for purchasing a Formula Ventures product.**

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ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.



SAFETY PRECAUTIONS

- * Read this manual completely before beginning to assemble the equipment.
- * Consult a physician before beginning your exercise program.
- * Before beginning any exercise be sure to inspect your equipment for loose or worn parts. Be sure any defect is repaired prior to use.
- * Always wear comfortable clothing including athletic shoes when operating this equipment. Keep hands clear of all moving parts.
- * Always stay clear of moving parts. Small children should not be allowed near this equipment at any time.
- * Disabled, Elderly, Children or the Inexperienced User must always be sure to have an assistant present when using this equipment.

WELCOME TO THE WORLD OF HOME FITNESS!

You have purchased a complex piece of equipment that will allow you to do a complete body conditioning workout. This workout includes a full range of muscle toning, aerobic, and weight training exercises. The following manual should contain everything you need to know to assemble your new product and get you started on your way to a healthier lifestyle. As we mentioned earlier if you have any problems during assembly please call our convenient customer service number 1 (800) 345 - 9950 between 9:00 am and 4:30 pm Eastern Time, Monday through Friday. There is no need to contact the store where you purchased the product. Our customer service representatives are able to help you with any difficulties you may have such as missing or defective parts, assembly questions, or any suggestions you may have. We hope you enjoy your new fitness product.

ORDERING SPARE PARTS

As the manufacturer of this equipment we want to ensure your satisfaction. If you find missing parts during assembly, or during normal use, parts become lost or worn, please call our customer service department for assistance. Our toll free number is 1-(800) 345-9950. Our hours of operation are Monday through Friday, from 9:00 am to 4:30 pm Eastern Time.

Please have the following information available when ordering replacement parts. This will help us to fill your order as fast and accurately as possible.

Model Number: The model number for your home gym is **91960-01**

Vendor Number: The vendor Number for your home gym is 890170

Part Number: The Part Numbers are located on the parts list on pages 4 and 5

Place of purchase: The name of the retail store where you purchased your home gym.

Date of purchase: The actual date that you purchased your home gym. You should keep your dated sales receipt on record, as a proof of purchase.

BEFORE YOU BEGIN

GATHER YOUR TOOLS-

You will need a pair of wrenches, adjustable or metric, a standard and Phillips screwdriver, and a rubber or plastic mallet.

CLEAR YOUR WORK AREA-

You will need room to lay out the parts before assembly and room to work safely.

INVITE A FRIEND-

Some assembly steps require more than one person. With more than one its safer, not to mention more fun.

OPEN THE BOXES-

Assembly is easier if you unpack, unwrap, and place all parts off to one side out of the way. Parts are easier to locate if you can readily see them. Be sure to check all packing materials for hidden parts before you throw anything away.

OPEN THE HARDWARE PACKAGE-

To speed up assembly group the nuts, bolts, and washers according to size or length.

PARTS LIST

Parts Number From Diagram	Description	Quantity	Reorder Number
1	Front Base Frame	1	902 1007 120
2	Front Cross Beam	1	902 1008 120
3	Rear Base Assembly	1	902 1009 120
4	Bolt, 3/8" x 3.0"	12	104 1235 110
5	Washer, 3/8"	34	106 1206 110
6	Nylock Nut, 3/8"	28	108 1007 110
7	Base End caps, 50 x 50 mm	5	116 5100 120
8	Front Upright	1	904 1008 120
9	Pulley Mount Frame	1	906 1065 120
10	Press Lock Rod	1	906 1043 110
11	Press Lock Knob, 3/8"	1	906 1044 120
12	Bolt, 5/16" x 1.5"	1	104 1119 110
13	Washer, 5/16"	12	106 1204 110
14	Nylock Nut, 5/16"	5	108 1005 110
15	Bolt 5/16" x 2.5"	8	104 4863 110
16	Weight Guide Post	1	920 1056 112
17	Weight Slide Bushing	2	920 1057 120
18	Weight Slide	1	920 1058 120
19	Weight Pad 25 ID x 62 OD x 13 mm	2	920 1059 120
20	Weight Rod 25 x 500 mm	1	920 1060 112
21	Weight Retainer 25 mm dia	2	920 1141 112
22	Weight Slide Bumper	1	118 1029 120
23	Top Frame	1	906 1027 120
24	Press Pec Vertical Support	1	906 1067 120
25	Bolt, 1/2" x 6.0"	1	104 1375 110
26	Rear Cross Beam	1	902 1008 120
27	Nylon Lock Nut, 1/2"	4	108 1009 110
28	Right Press Pec Arm	1	906 1042 120
29	Bolt, 1/2" x 2.75"	2	104 1305 110
30	Washer, Nylon 13 ID 38 OD x 3 mm	4	106 5000 110
31	Left Press / Pec Arm	1	906 1033 120
32	Foam Tube 40 ID 100 OD x 255 mm	2	116 3002 120
33	Handgrip,Plastic 25 mm ID X 135 mm	2	116 1046 120
34	Back Pad	1	922 1012 120
35	Main Seat Pad	1	922 1011 120
36	Seat Support	1	906 1068 120

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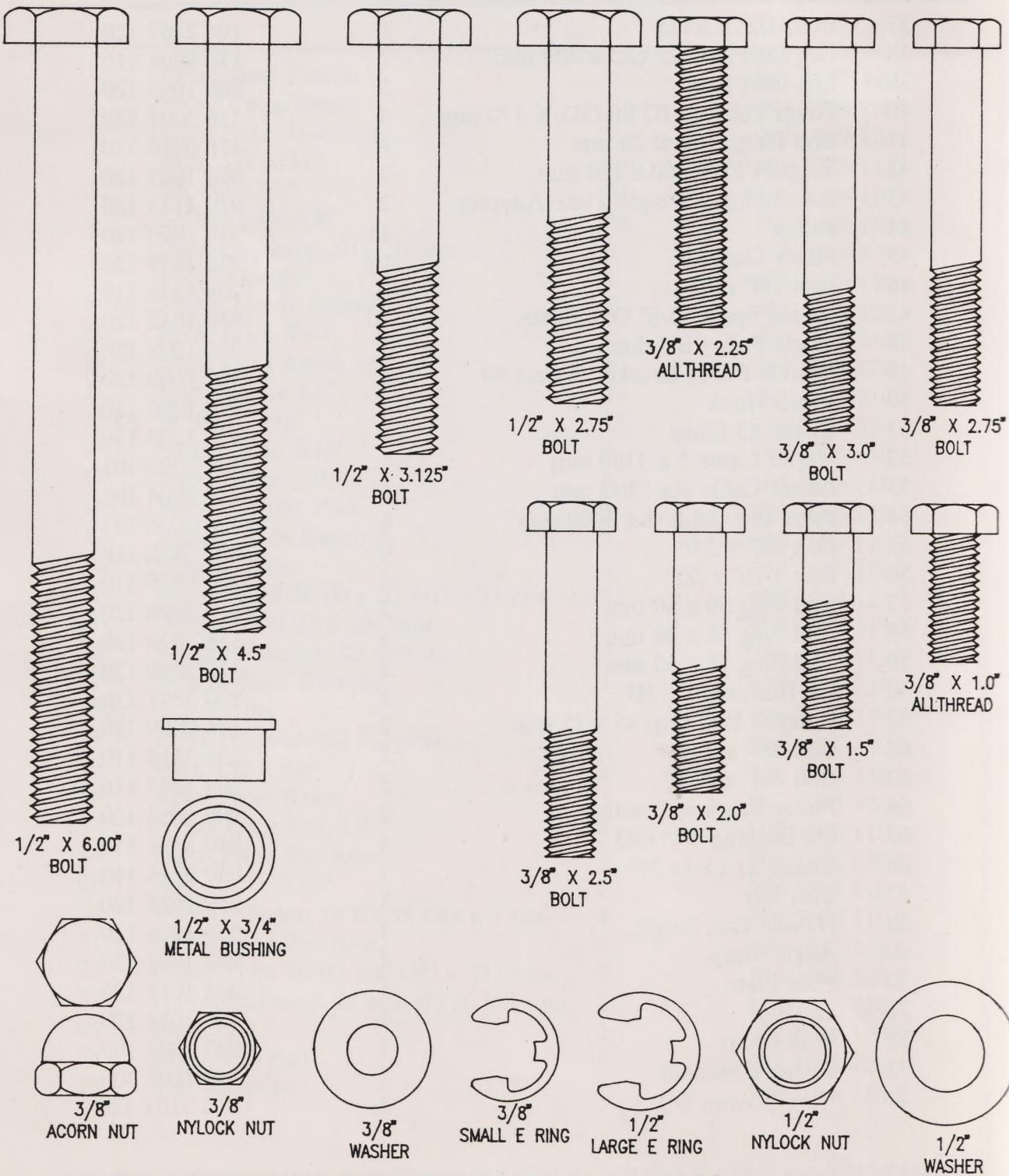
PARTS LIST

Parts Number From Diagram	Description	Quantity	Reorder Number
37	Bolt, 1/2" x 3.125"	1	104 2167 110
38	Leg Curl Rod 25 OD x 400 mm	2	116 9001 110
39	Leg Curl Arm	1	906 1069 120
40	Foam Tube 23 ID 80 OD X 170 mm	4	116 3001 120
41	End Plug, Round 25 mm	4	116 6010 120
42	Support Plate, 60 x 120 mm	3	906 1045 120
43	International Weight Plate Adapter	2	920 1143 120
44	Pulley	11	930 2000 120
45	Pulley Guard	12	930 1999 120
46	Bolt 3/8" x 2.5"	3	204 3825 110
47	Frame Spacer 5/8" OD Plastic	10	930 1012 120
48	Single Pulley Bracket	1	930 1008 120
49	Double Pulley Bracket, Offset 90	1	930 1009 120
50	Chain Hook	5	950 1290 110
51	Chain, 13 Links	1	950 1208 110
52	Upper Cable 5 x 3300 mm	1	930 2005 101
53	Lower Cable 5 x 2300 mm	1	930 2004 101
54	Press Pec Cable 5 x 3000 mm	1	930 2006 101
55	Bolt 3/8" x 2.0"	6	204 3820 110
56	Bolt 5/16" x .75"	1	204 5675 110
57	End Plug 50 x 50 mm	2	116 5090 120
58	End Plug 38 x 38 mm	1	116 5070 120
59	End Plug 25 x 50 mm	2	116 5000 120
60	Oil Bushing 1/2" ID	4	950 3591 120
61	Bumper End Cap 45 x 25 mm	2	116 9009 120
62	Bolt 3/8" x 1.5"	2	204 3815 110
63	Bolt 3/8" x 2.75"	5	204 3827 110
64	Pulley Bracket, Pivoting	2	906 1066 120
65	Oil Bushing 7/8" OD	4	950 3592 110
66	Chain, 21 Links 27"	1	950 1216 110
67	Curl Bar	1	950 1021 120
68	Handle Bar, Single	1	950 1025 120
69	Ankle Strap	1	950 1002 120
70	Foot Plate	1	904 1011 120
71	Lat Bar	1	950 1024 120
72	Wall Chart	1	940 1004 100
73	Owner's Manual	1	940 1002 100
74	Cap, 50 mm SQ	1	116 5101 120

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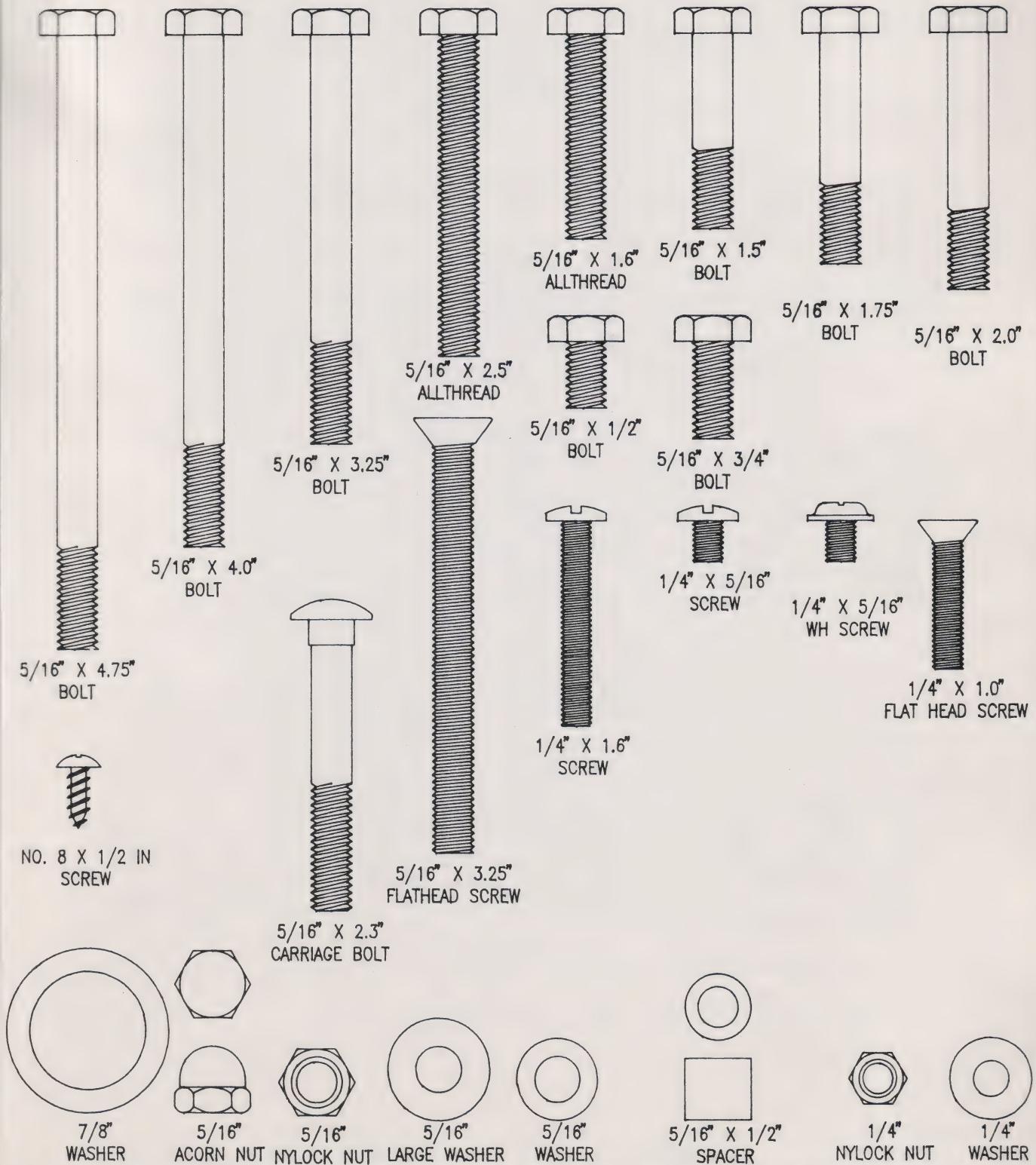
HARDWARE COMPARISON CHART

FOR YOUR CONVENIENCE WE HAVE IDENTIFIED THE HARDWARE USED IN THE ASSEMBLY OF OUR PRODUCTS. NOT ALL OF THIS HARDWARE IS USED FOR THE ASSEMBLY OF ANY ONE PRODUCT. YOU WILL BE ABLE TO USE THIS CHART TO EASILY IDENTIFY THE HARDWARE NEEDED TO ASSEMBLE THE ITEM YOU HAVE PURCHASED. SIMPLY PLACE THE HARDWARE ON THIS SHEET AND MATCH IT UP TO THE PICTURES BELOW. THIS CHART CAN ALSO BE USED TO REQUEST REPLACEMENTS AT THE LOCAL HARDWARE STORE OR CALL OUR CUSTOMER SERVICE DEPARTMENT AT 1-800-345-9950.



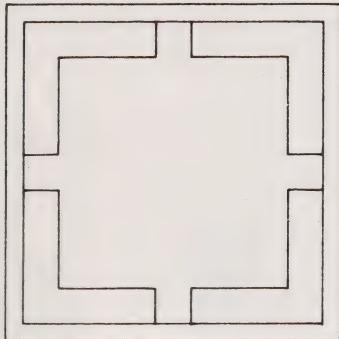
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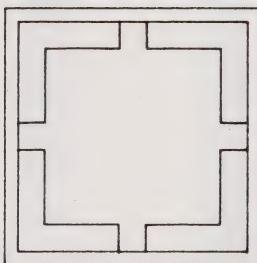


PLASTIC PART COMPARISON CHART

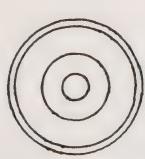
FOR YOUR CONVENIENCE WE HAVE IDENTIFIED THE PLASTIC PARTS USED IN THE ASSEMBLY OF OUR PRODUCTS. NOT ALL OF THESE PARTS ARE USED FOR THE ASSEMBLY OF ANY ONE PRODUCT. YOU WILL BE ABLE TO USE THIS CHART TO EASILY IDENTIFY THE PLASTIC PARTS NEEDED TO ASSEMBLE THE ITEM YOU HAVE PURCHASED. SIMPLY PLACE THE PARTS ON THIS SHEET AND MATCH THEM UP TO THE PICTURES BELOW. THIS CHART CAN ALSO BE USED TO REQUEST REPLACEMENTS FROM OUR CUSTOMER SERVICE DEPARTMENT. CALL THEM AT 1-800-345-9950.



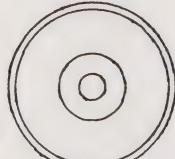
50 mm X 50 mm
SQUARE END PLUG



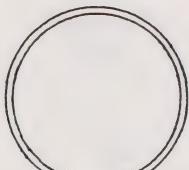
38 mm X 38 mm
SQUARE END PLUG



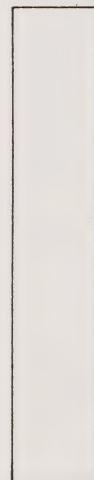
20 mm
ROUND
END PLUG



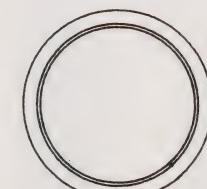
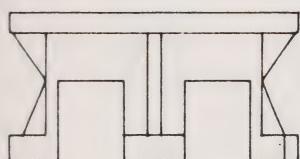
25 mm
ROUND
END PLUG



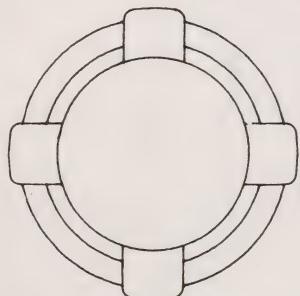
25 mm
ANGLED END CAP



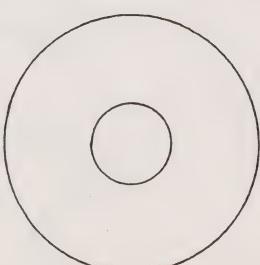
8 mm X 70 mm
SLEEVE



28 mm OD X 50 mm
BUSHING



WEIGHT PLATE
BUSHING



1/2" X 1.5"
NYLON WASHER

91960-01

ASSEMBLY INSTRUCTIONS

Remove all parts from each carton. Do not discard any of the cartons until you have completely assembled your gym.

Note: In the following steps, do not tighten any of the bolts at this time. Install each bolt as instructed to, but only hand tighten them.

When assembling the frame parts of your home gym you must use a washer on both the head side and the nut side of each bolt. This should be done for every bolt on the gym.

Throughout this manual part names are followed by their corresponding part numbers in parentheses (#). Refer to the parts list or part illustrations for help in identifying the parts.

KEEP IN MIND WHEN ASSEMBLING YOUR EXERCISE EQUIPMENT THAT WE UPDATE OUR DESIGNS TO GIVE YOU THE BEST PRODUCT POSSIBLE. THEREFORE SOME ILLUSTRATIONS MAY APPEAR DIFFERENT THAN YOUR FINISHED ASSEMBLY.

Step 1: CREATING THE BASE FRAME -

Locate the Rear Base Assembly (3) and place it in the center of your workout area. Place the Front Base (1), the Front Cross Beam (2) and the Rear Cross Beam (26) as shown and attach them to the Rear Base Assembly (3) with 4 sets of 3/8" hardware,(parts (4), (5), and (6)) and a Support Plate (42). At this point make sure all the base frame parts have the End Caps (7) put on.

Step 2: MOUNTING THE VERTICAL FRAME-

Place Front Upright (8) over the Rear Base Assembly. From the side, line up the holes and attach it with a 2 sets of 3/8" hardware, parts (4), (5), and (6).

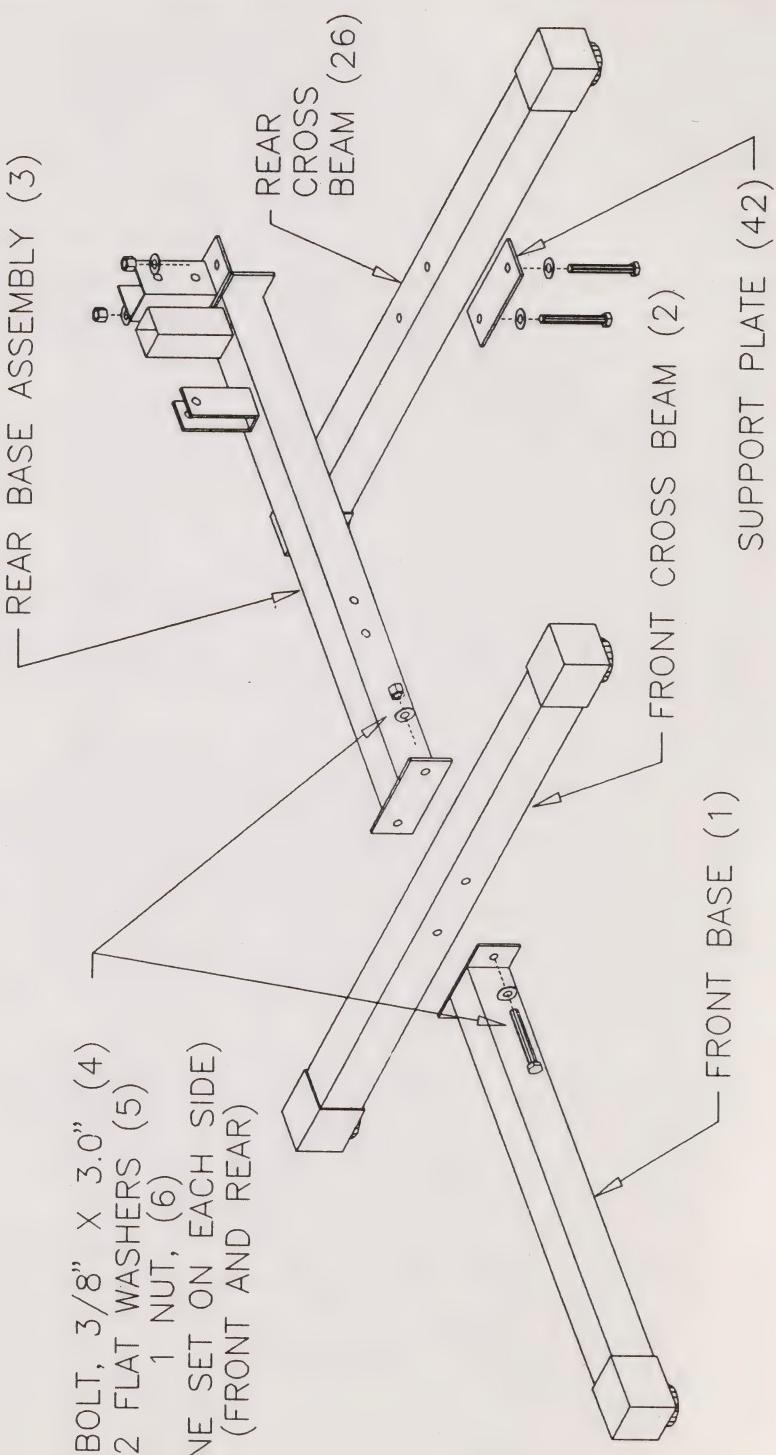
Using 2 more sets of 3/8" hardware,(parts(4), (5), and (6)) attach the Pulley Mount Frame (9) to the Front Upright (8). The Press Lock Rod (10) (see illustration) should be mounted with an 5/16" Bolt (12) and a nut (14). The Press Lock Knob (11) screws onto the end of the Rod. These parts may have been put on at the factory.

At this point all hardware should be only hand tight.

Be careful! - with the Vertical Frame in place the gym may tip over.

MAKE SURE ALL 5 END CAPS (7)
ARE IN PLACE AT THIS TIME

- 1 BOLT, 3/8" X 3.0" (4)
- 2 FLAT WASHERS (5)
- 1 NUT, (6)
- (ONE SET ON EACH SIDE)
(FRONT AND REAR)



STEP ONE

PRESS LOCK KNOB (11)

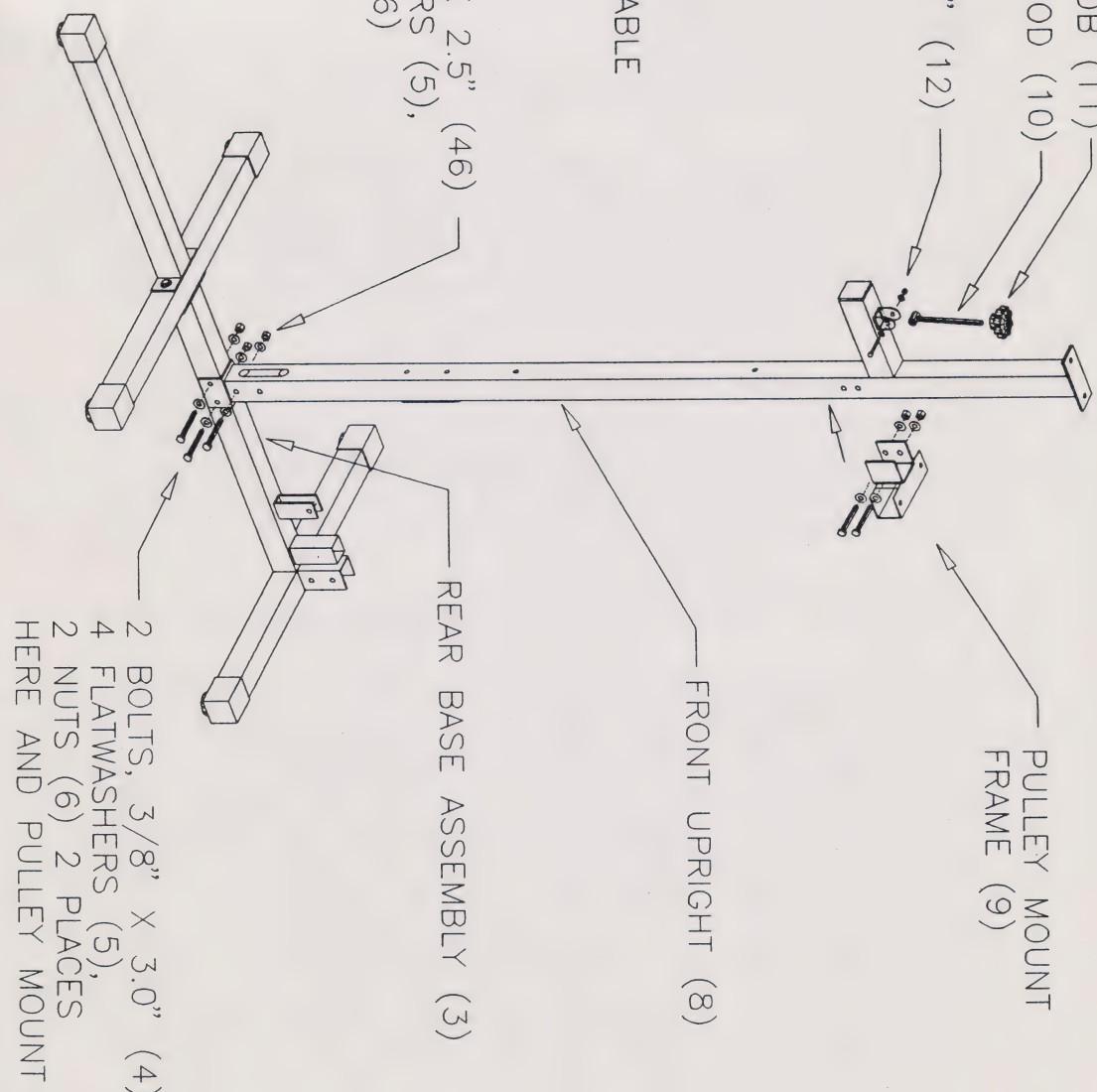
PRESS LOCK ROD (10)

PULLEY MOUNT
FRAME (9)

BOLT, $5/16''$ X 1.5" (12)
NUT (14)

CAUTION

FRAME MAY BE UNSTABLE
DO NOT LEAVE
UNATTENDED



STEP TWO

Step 3: COMPLETING THE GYM FRAME-

Place the Weight Guide Post (16) into the bracket at the rear of the Base Frame; line up the holes and attach with two sets of 5/16" hardware,(parts (13, (14), and (15)).

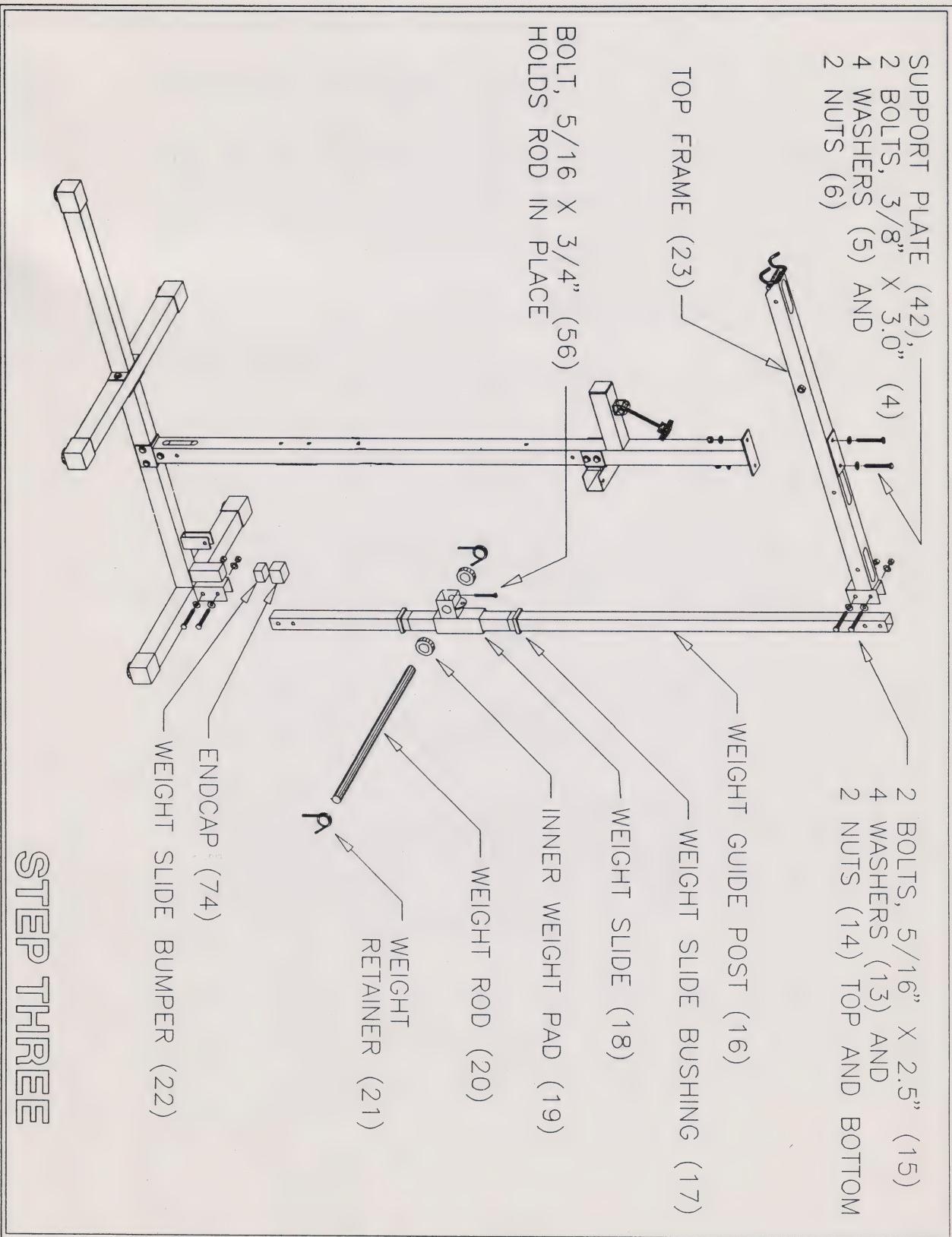
Place the Weight Slide Bumper (22) onto the stop post on the Base Frame and cover with a Cap (74). Press the two Weight Slide Bushings (17) into top and bottom of the Weight Slide (18). Be sure that this assembly is lined up with the welded bracket down and facing the front upright (see the diagram). Place this assembly over the top of the Weight Guide post and lower into position. Install a square End Plug (57) into the Weight Slide as shown in the illustration.

Insert the Weight Rod (20) through the welded bracket on the Weight Slide and secure with a 5/16" x 3/4" bolt (56). Place an Inner Weight Pad (19) onto each side of the Weight Rod. Complete this assembly by sliding one Weight Retainer (21) onto each side of the Weight Rod and by pressing a round End Plug into each end of the Weight Rod.

Line up the holes in the Top Frame (23) with the top of the Front Upright. Secure the Top Frame using a Support Plate (42), two 3/8" (4), four 3/8" Washers (5), and two 3/8" Nuts (6). Line up the holes in the Weight Guide Post with the Top Frame. Secure with two 5/16", four 5/16" Washers, and two 5/16" Nylock nuts.

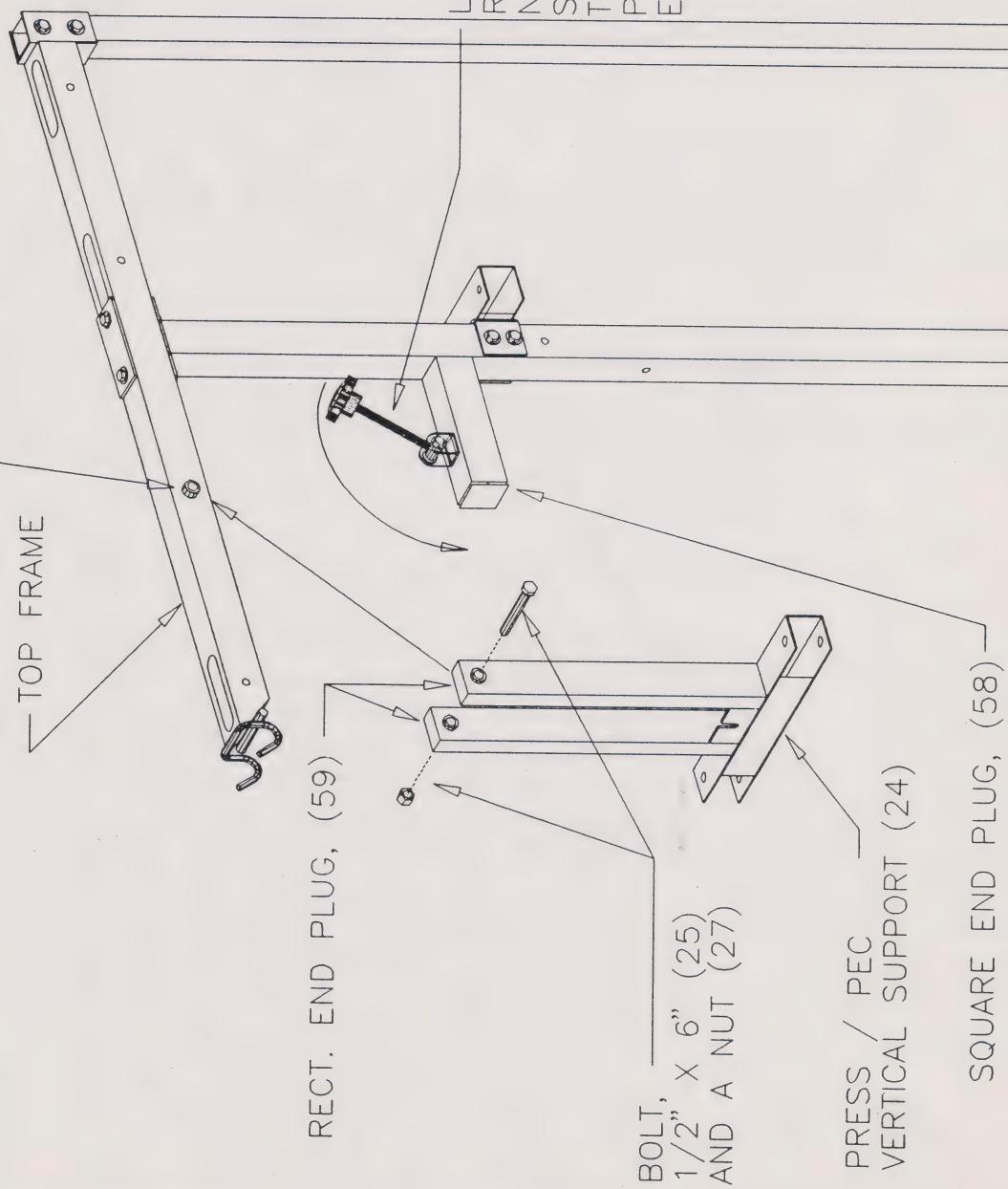
Step 4: MOUNTING THE PRESS / PEC VERTICAL SUPPORT

The Press / Pec Vertical Support (24) has two vertical beams and one bottom cross beam. Where the vertical beams meet the bottom beam there is a small plate with a notch. This is the front of the Support. This side mounts away from the Vertical Frame. Push a 1/2" Oil Bushing (60) into each side of the Top Frame and lift the Vertical Support up to the Top Frame so that the holes with the bushings line up as close as possible. A second person will lubricate the Bolt, 1/2" x 6" (25) and slide it through one side of the Press / Pec Vertical Support. As the Bolt begins to protrude through the arm of the Vertical, move the Vertical Support until the hole in the Top Frame is aligned and the Bolt slides through the Top Frame and then through the other side of the Press / Pec Support. If you have difficulty inserting the Bolt by hand, use a small rubber mallet to tap on the end of the Bolt. Do not use a metal hammer. A metal hammer will damage the Bolt. (If a mallet is not unavailable, use a thick piece of wood to protect the Bolt and place the wood on the end of the Bolt and tap lightly with a hammer.) Use the mallet only until a Nut (27) can be placed on the far side. Thread the Nylock nut on the bolt and turn the Nylock nut in order to pull the Bolt into position. Install the rectangular End Plugs (59) and the square End Plug (58) as shown.



STEP FOUR

1/2" OIL BUSHINGS (60) ONE PER SIDE



Step 5: MOUNTING THE PRESS / PEC ARMS -

Slide the top end of the Left Press / Pec Arm (31) and 2 Nylon washers (30) into the cut-out on the left side of the Press / Pec Vertical Support. (see illustration). Attach the arm with a 1/2" Bolt (29), and a 1/2" Nylock nut (27). Do not tighten the bolts too tight. The Arm should move smoothly and freely, but should not be able to rock up and down. At the end of the cable guide arch slide on a Bumper Cap (61).

Lubricate the Press / Pec Arm with liquid soap and slide on the Foam Tube (32) and Handgrip (33).

Repeat the above procedure for the Right Press / Pec Arm (28).

Step 6: MOUNTING THE SEAT AND LEG CURL ASSEMBLY -

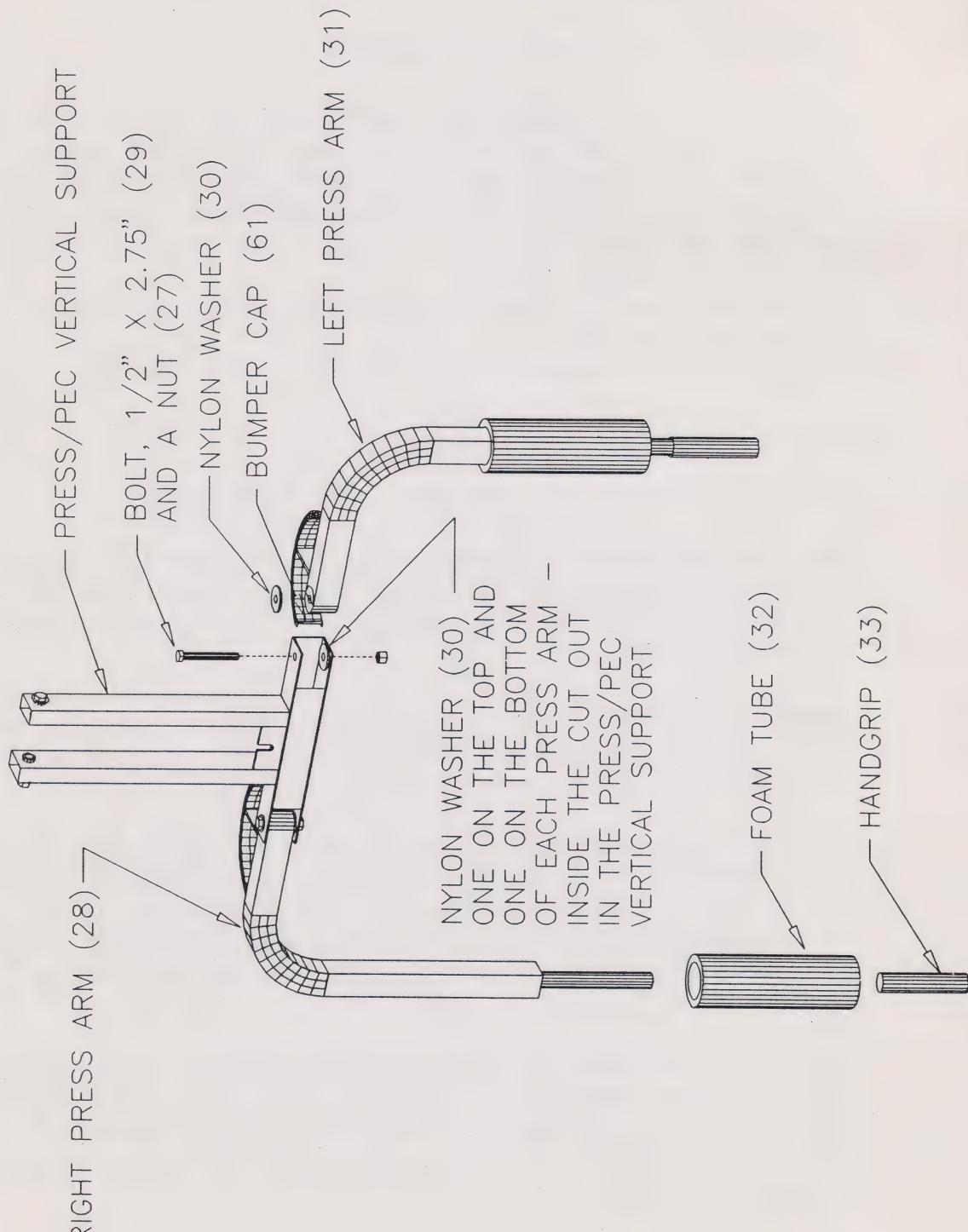
With 2 sets of 3/8" hardware, parts (4), (5), and (6), attach the Seat Support (36) to the Vertical Frame (8). Be sure that the Support Plate (42) is in position prior to completing this step. Press in a square End Plug (57) in the end of the Seat Support.

Attach the Back Pad (34) to the Vertical Frame using 2 Washers (13) and two 5/16" Bolts (15). The Main Seat Pad (35) is attached in the same way to the Seat Support (36) using identical hardware.

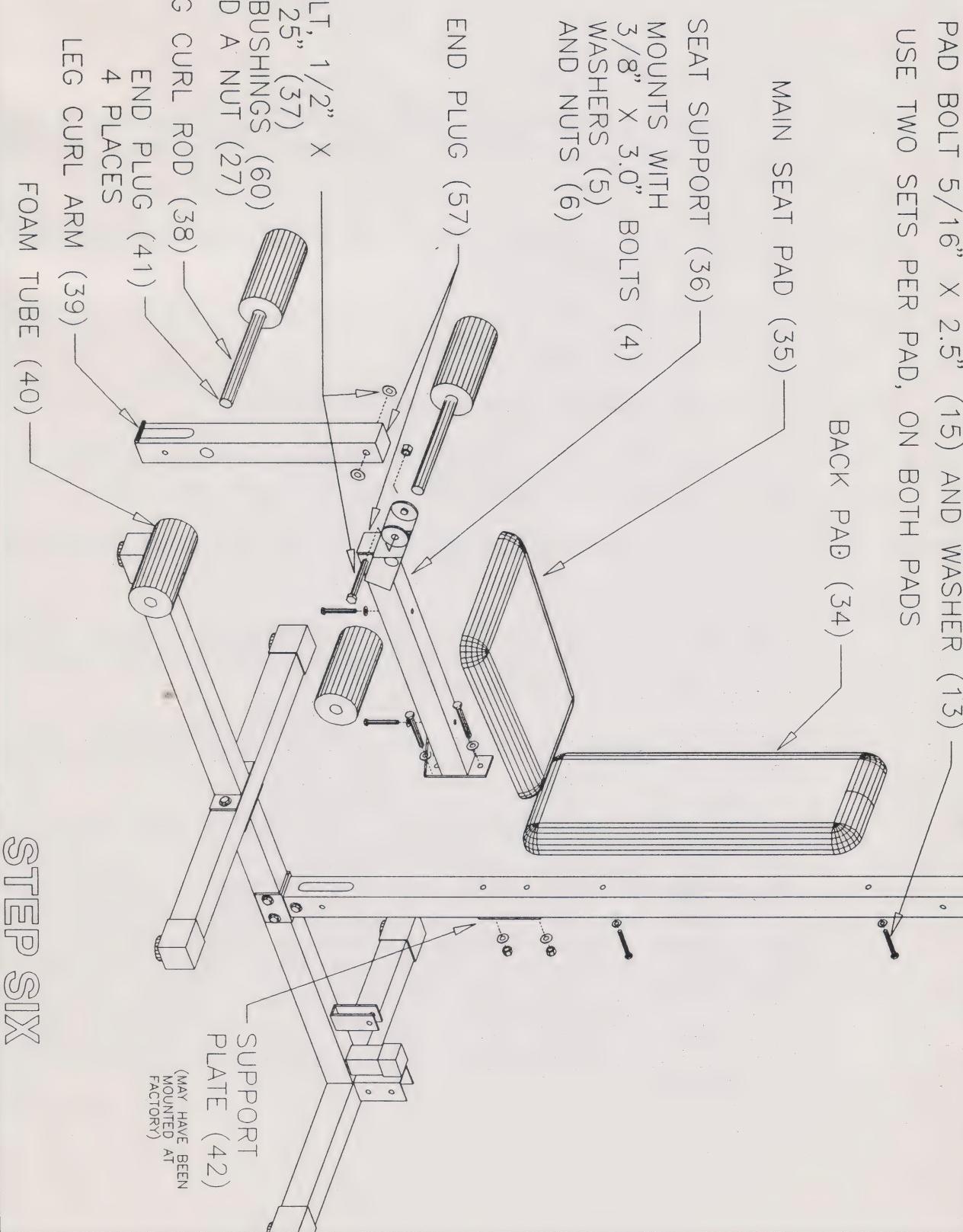
Install 1/2" Oil Bushings (60) into the top end of the Leg Curl Arm (39) and slide it between its mounting plates on the Seat Support (36). Align the holes and use the 1/2" Bolt (37) and Nylock nut (27) to attach the Leg Curl Arm. Do not tighten the Nylock nut too tight. The Arm should move freely and smoothly. Press in a square End Plug (57) in the top end of the Leg Curl Arm.

Locate a Leg Curl Rod (38), and make sure each end has a 25 mm Plug (41). Slide on a Foam Tube (40). You may have to lubricate the rod with liquid soap in order to get the foam on. Push the Rod through the hole in the Leg Curl Arm and slide on Foam Tube (40). Repeat this process for the Seat Support (see illustration).

STEP FIVE



PAD BOLT $5/16'' \times 2.5''$ (15) AND WASHER (13)
USE TWO SETS PER PAD, ON BOTH PADS



STEP SIX

CABLES AND PULLEYS -

Cables: There are three different cables used on your Home Gym. Please review the following information to distinguish between them prior to installation.

Top Cable: This is the longest of the three cables. It has an eyelet on one end and a rubber ball on the other.

Bottom Cable: This is the shortest of the three cables. It also has an eyelet on one end and a rubber ball on the other.

Pres Pec Cable: This cable has an eyelet on each end.

Installation of the cables is easier if you begin at the user end of the cable and work toward the weight end, installing pulleys along the way.

Pulleys: There are two different Pulley assemblies that are used in the assembly of your home gym.

Pulleys Mounted Inside the Frame: These pulleys do not require a pulley guard, they are mounted using a plastic Frame Spacer (47) on each side of the pulley, inside the frame of the gym.

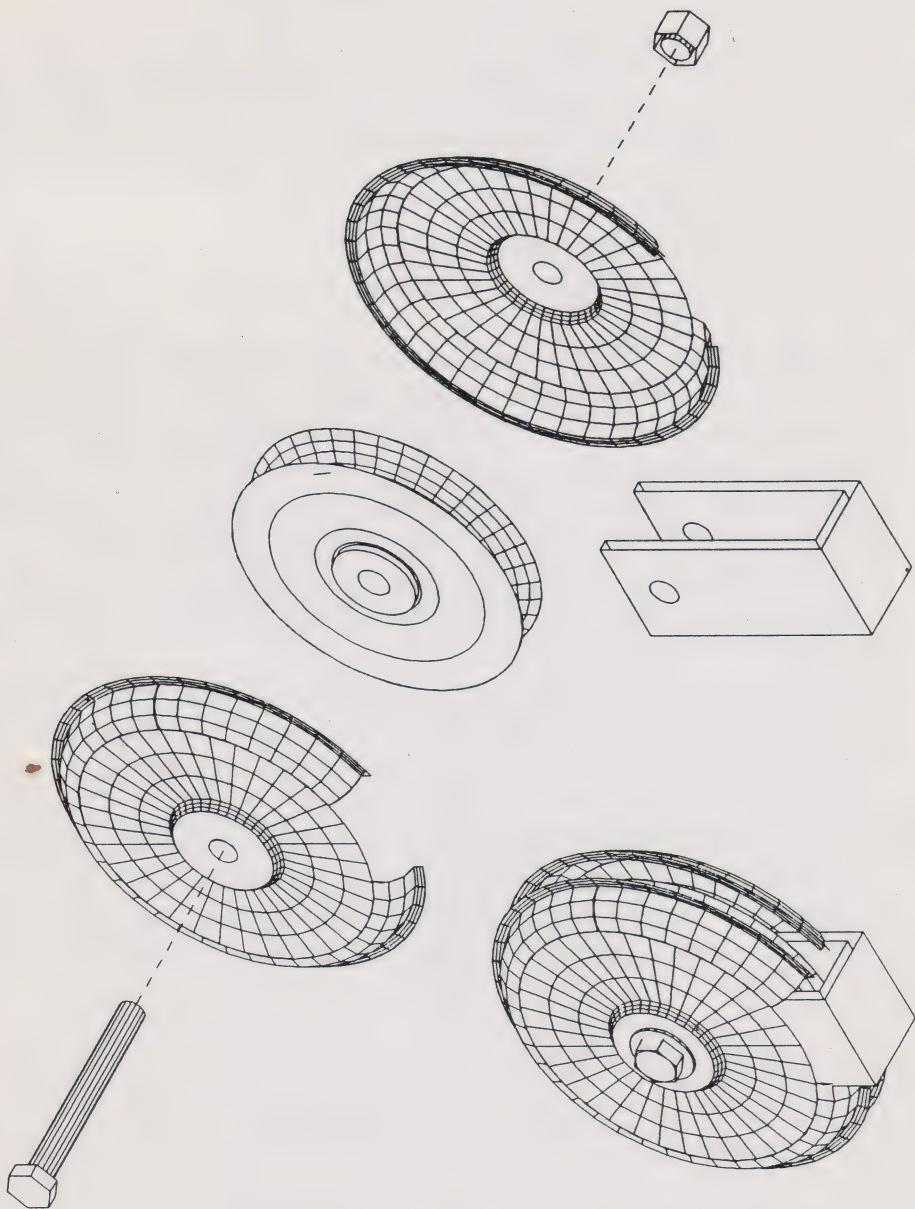
Pulleys Not Mounted Inside the Frame: These Pulleys do require Pulley Guards (45).

Groups of pulleys use different hardware. The illustration labels each pulley with a letter or a number. Pulleys A,B,C,D, and E use a 3/8" bolt (63), two Washers (5), and Nylock nut (6). Pulleys 1,2,3 and 4 use just a 3/8" bolt (55) and a Nylock nut (6). Pulleys X and Y must use a bracket assembly to allow them to move. The pulley is mounted to the Pulley Bracket with a 3/8" x 2" bolt (55) and a Nylock nut (6). This assembly is then mounted to the Pulley Mount Frame by pushing 2 Oil Bushings (65), one in the top, one in the bottom, into the Pulley Bracket and using a 3/8" x 2.5" Bolt (46) and a Nylock nut (6). The following illustration shows how each of these pulley assemblies are completed.

Be sure that you do not over tighten the Pulley assemblies, The pulleys must move freely

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PULLEY ASSEMBLY



STEP 7: CABLE ROUTING

Upper Cable: Starting at position A, Run the eyelet end of the Upper Cable (52) between the Lat Bar hooks and the frame. Continue running the cable down through the hole in Position B. Secure the eyelet end of the cable to the Weight Slide (18), using a Chain Hook (50). When this is accomplished, install pulleys at positions A, B, and C. These Pulleys are mounted inside the frame and do not require pulley guards. Complete the Upper Cable assembly by installing the Single Pulley Bracket (48), Pulley, and Guards at position 1.

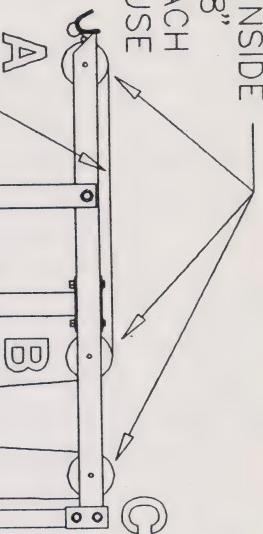
Lower Cable: Begin at position D. Run the eyelet end of the Lower Cable (53) through the opening at the bottom of the vertical upright. Secure the eyelet end of the cable to the bottom of the Single Pulley Bracket using the Chain (51), and two Chain Hooks (50). When this is finished install pulleys in positions D, E, 3, and 4. Positions D and E do not require pulley guards. Complete this assembly by installing the Double Pulley Bracket (49) and pulley in position 2. After you have threaded the cable through the hole in the Upright, install the cable stopping Bolt (46) as shown in the Step 2 illustration.

Press Pec Cable: Using a 3/8" Bolt (62), and a 3/8" Nylock nut (6), secure one end of the Press Pec Cable (54) to the back of the Right Press Pec Arm (28). Run the cable behind the Vertical Upright and secure the other end to the back of the Left Press Pec Arm (31).

Attach the Pulley Brackets (64) to the the Pulley Mount (9) at positions X and Y as described page 10. Install the Cable and a pulley into the pulley mount Brackets. Complete this assembly by installing the cable and a pulley at position 2 into the Double Pulley Bracket with a Bolt (55) and a nut (6).

PULLEYS MOUNTED INSIDE FRAMES HAVE A $5/8$ " SPACER (47) ON EACH SIDE BUT DO NOT USE PULLEY GUARDS (PULLEYS A,B,C,D,E)

PULLEYS A,B,C,D,E
USE A BOLT $3/8$ " X 2.75 " (63)
2 WASHERS (5)
AND A NUT (6)



SINGLE PULLEY BRACKET (48)

BOLT, $3/8$ " X 1.5 " (62)

AND A NUT (6)

ONE SET EACH SIDE
TO ATTACH CABLE

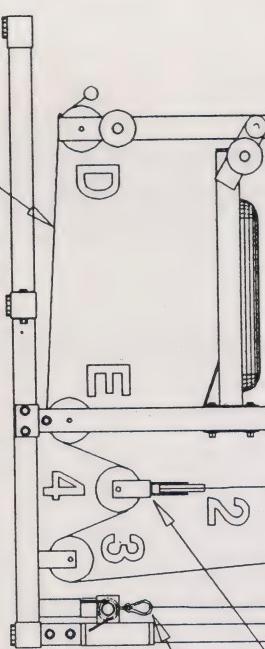
CHAIN HOOKS (50) AND
CHAIN CHAIN (51)

PRESS/PEC CABLE (54)

DOUBLE PULLEY MOUNT- OFFSET (49)

CHAIN HOOK (50)

PULLEYS 1,2,3,4
USE A BOLT $3/8$ "
X 2.0 " (55)
AND A NUT (6)



UPPER CABLE (52)

STEP SEVEN

LOWER CABLE (53)

MAINTENANCE

To ensure top performance, your home gym requires periodic maintenance. The below schedule for this service will vary on several factors, including the intensity and frequency of your workout schedule.

Lubrication: The pec-deck and the squat arm require lubrication every six months. In order to lubricate them you must disconnect the weight stack cables from the weight stack and remove the squat arm and butterfly arms. The shafts should be lubricated using a light bearing grease.

The weight support rods should be lubricated weekly by spraying the weight arms with a silicone spray.

The pulleys are sealed bearing pulleys, they do not require lubrication.

Cleaning: The painted finish should be cleaned monthly using a mild household cleaner. NOTE: Do not use solvents or chlorine based cleaners. The upholstery should be treated weekly with a vinyl cleaner and vinyl protection spray.

Inspection: You should inspect your home gym prior to each use. Attention should be given to signs of loose, worn, or damaged assemblies, frayed or split cables, and signs of abnormal wear. If any of these conditions exist, they must be repaired prior to use.

TROUBLE SHOOTING

<u>CONDITION</u>	<u>CAUSE</u>	<u>SOLUTION</u>
Operation not smooth on Pec Deck or Butter- fly.	Guide Rods need lubrication	Lightly lubricate the Guide Rods with a silicone spray.
	Worn or binding Cable	Inspect for a worn Cable. If the Cable is worn it must be replaced.
	Binding Cable	If the Cable is not worn, then release the tension from the Weight Stacks, and try running the Cable through the mechanism. If the Cable is binding free the Cable and inspect for damage.
	Pulley binding	With the tension off the Weight Stacks, carefully inspect each Pulley to ensure that they move freely. If a Pulley is binding make sure the Pulley Bolt is not over tightened.
Leg Lift is not smooth	Leg lift bolt is too tight	Loosen the Leg Lift bolt so that the Leg Lift moves freely.

EXERCISE TO MAINTAIN GOOD PHYSICAL HEALTH. DO NOT START TO EXERCISE HARD IF YOU HAVE NOT BEEN ON A REGULAR FITNESS PROGRAM. CONSULT YOUR PHYSICIAN IN ORDER TO DESIGN AN EXERCISE PROGRAM THAT FITS YOUR INDIVIDUAL NEEDS.

WHAT YOU SHOULD KNOW BEFORE BEGINNING.

A: WARM UP TO HELP PREPARE YOUR BODY FOR YOUR EXERCISE SESSION, A FIVE MINUTE WARM UP OF LIGHT STRETCHES SHOULD BE SUFFICIENT.

B: ESTABLISH YOUR TARGET HEART RATE RANGE. TO DO THIS SUBTRACT YOUR AGE FROM THE NUMBER 220. THEN TAKE THE RESULT OF THIS SUBTRACTION AND MULTIPLY BY 75%, (.750). THE RESULT OF THIS CALCULATION IS YOUR MINIMUM TARGET HEART RATE.

TO ESTABLISH YOUR MAXIMUM TARGET HEART RATE, AGAIN TAKE YOUR AGE FROM THE NUMBER 220, AND THIS TIME MULTIPLY THE RESULT OF THIS CALCULATION BY 85% (.850).

EXAMPLE : YOU ARE 40 YEARS OF AGE.

$$\begin{array}{r} 220 \\ -40 \\ \hline 180 \end{array} \quad \begin{array}{r} 180 \\ \times .75 \\ \hline 135 \end{array} \quad \begin{array}{r} 180 \\ \times .85 \\ \hline 153 \end{array}$$

THE RESULT OF THIS CALCULATION IS THAT THE TARGET HEART RATE RANGE FOR A 40 YEAR OLD IS BETWEEN 135 AND 153 BEATS PER MINUTE. USE THE BELOW WORK SHEET TO FIGURE YOUR INDIVIDUAL TARGET HEART RATE.

WORK SHEET

220
MINUS
YOUR
AGE < >
RESULT _____

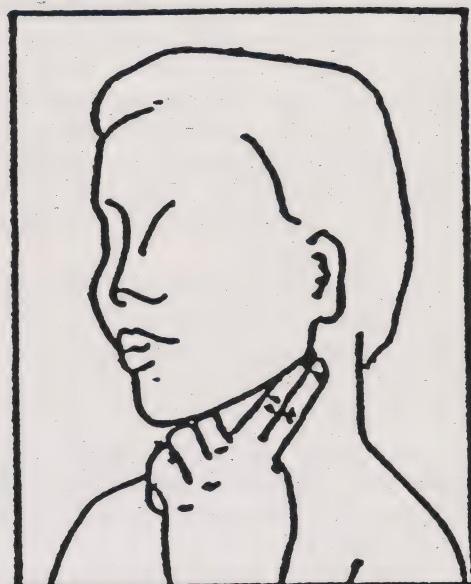
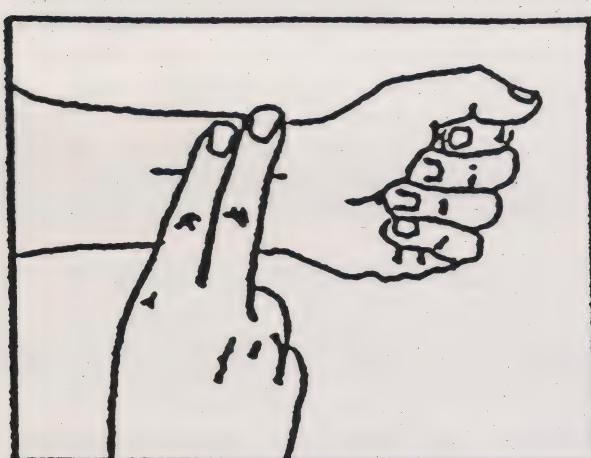
RESULT FROM
CALCULATION _____
 $\times .75 =$
MINIMUM
TARGET
HEART RATE _____

RESULT FROM
CALCULATION _____
 $\times .85 =$
MAXIMUM
TARGET
HEART RATE _____

AS A GENERAL RULE OF THUMB YOU SHOULD WORK AT AS HIGH A PACE, AS IS COMFORTABLE WITHIN YOUR TARGET HEART RATE RANGE. IF AT ANY TIME YOU SHOULD FEEL PAIN, DIZZY, NAUSEOUS, OR SUFFER FROM ANY UNUSUAL DISCOMFORT, DISCONTINUE YOUR WORKOUT AND CONSULT A PHYSICIAN IMMEDIATELY.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

C: MONITOR YOUR PULSE FREQUENTLY TO MAKE SURE THAT YOU STAY WITHIN YOUR TARGET HEART RANGE. IF YOU DO NOT HAVE AN ELECTRONIC HEART MONITORING DEVICE THEN YOU CAN CHECK YOUR PULSE AS FOLLOWS. PLACE TWO FINGERS AT THE SIDE OF YOUR WINDPIPE, OR ON THE THUMB SIDE OF YOUR WRIST. FEEL THE PULSE AND COUNT THE NUMBER OF BEATS FOR SIX SECONDS. MULTIPLY THIS NUMBER BY TEN FOR YOUR CURRENT HEART RATE PER MINUTE.



D: COOL DOWN IS AN IMPORTANT PART OF YOUR EXERCISE PROGRAM, AS A PROPER COOL DOWN WILL PREVENT MUSCLE SORENESS. NORMALLY FIVE TO EIGHT MINUTES OF STRETCHING OR LIGHT EXERCISE WILL ACCOMPLISH A PROPER COOL DOWN.

E: EXERCISE FREQUENCY BE CONSISTENT, A MINIMUM OF THREE DAYS A WEEK IS SUFFICIENT IN THE BEGINNING. AS YOU PROGRESS YOU MAY WANT TO INCREASE YOUR FREQUENCY.

F: WORKOUT LENGTH IS IMPORTANT. IN THE BEGINNING YOU MAY WANT TO BEGIN AT FIVE TO TEN MINUTES FOR EACH WORKOUT. AS YOU BECOME MORE PHYSICALLY FIT YOU WILL WANT TO INCREASE THIS TO A MINIMUM TWENTY MINUTES PER WORKOUT SESSION.

G: WORKOUT INTENSITY IS DEFINED AS HOW HARD YOU ARE EXERCISING. YOU SHOULD MONITOR YOUR HEART RATE FREQUENTLY, AND ADJUST YOUR INTENSITY, IN ORDER TO MAINTAIN A PULSE THAT IS WITHIN YOUR TARGET HEART RATE RANGE.

H: COMFORTABLE CLOTHING SHOULD BE WORN DURING YOUR WORKOUT. THIS SHOULD INCLUDE A PAIR OF RUNNING / FITNESS SHOES. YOU SHOULD NOT WEAR ANY CLOTHING THAT MAY BECOME CAUGHT IN ANY MOVING PARTS OF THE FITNESS EQUIPMENT.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

FORMULA VENTURES LIMITED FIVE YEAR PRODUCT WARRANTY

FORMULA VENTURES WARRANTS TO THE ORIGINAL PURCHASER THAT THE PRODUCT COVERED BY THIS AGREEMENT IS FREE FROM DEFECTS IN MATERIAL AND WORKMANSHIP UNDER NORMAL USE AND SERVICE FOR WHICH IT WAS INTENDED IF, BUT ONLY IF, IT HAS BEEN INSTALLED AND OPERATED IN ACCORDANCE WITH FORMULA VENTURES' INSTRUCTIONS, EXCLUSIVELY FOR PERSONAL IN-HOME USE, AND NOT FOR PRIVATE OR PUBLIC CLUB, INSTITUTIONAL, RENTAL OR COMMERCIAL PURPOSES. FORMULA VENTURES' OBLIGATION UNDER THIS WARRANTY IS LIMITED TO REPLACING OR REPAIRING, FREE OF CHARGE, ANY PART OR PARTS WHICH MAY PROVE, TO THE SATISFACTION OF FORMULA VENTURES, TO BE DEFECTIVE UNDER NORMAL HOME USE AND SERVICE WITHIN THE FOLLOWING STATED PERIODS OF TIME FROM THE DATE OF PURCHASE: (A) FOR NINETY (90) DAYS, ALL PARTS AND WORKMANSHIP, INCLUDING ALL CABLES, UPHOLSTERY, FOAM, GUIDE ROPES, PULLEYS, SHOCKS, TENSION MECHANISMS, ELECTRONICS, CONSOLE CASES, FOOT PADS, PEDALS, HARDWARE, AND FINISHES (AGAINST RUST); AND (B) FOR FIVE (5) YEARS, ALL FRAMES.

SHOULD ANY FAILURE TO CONFORM TO THIS WARRANTY BECOME APPARENT DURING THE APPLICABLE WARRANTY PERIODS STATED ABOVE, THE ORIGINAL PURCHASER MUST NOTIFY FORMULA VENTURES BY REGISTERED MAIL OR CERTIFIED MAIL, RETURN RECEIPT REQUESTED, OF BREACH OF WARRANTY WITHIN THE APPLICABLE WARRANTY PERIOD. FORMULA VENTURES SHALL, UPON PROMPT, WRITTEN NOTICE AND COMPLIANCE BY THE ORIGINAL PURCHASER WITH SUCH INSTRUCTIONS, CORRECT SUCH NON-CONFORMITY BY REPAIR OR REPLACEMENT OF THE DEFECTIVE PART OR PARTS. CORRECTION IN THE MANNER PROVIDED ABOVE SHALL CONSTITUTE A FULFILLMENT OF ALL OBLIGATIONS OF FORMULA VENTURES WITH RESPECT TO THE QUALITY OF THE PRODUCT.

FORMULA VENTURES DOES NOT WARRANT THIS EQUIPMENT TO MEET THE REQUIREMENT OF ANY SAFETY CODE OF ANY STATE, MUNICIPALITY OR OTHER JURISDICTION, AND THE ORIGINAL PURCHASER ASSUMES ALL RISK AND LIABILITY WHATSOEVER RESULTING FROM THE USE THEREOF, WHETHER USED IN ACCORDANCE WITH FORMULA VENTURES' INSTRUCTIONS OR OTHERWISE.

THE ORIGINAL PURCHASER MUST ESTABLISH ALL APPLICABLE WARRANTY PERIODS PURSUANT TO THIS WARRANTY BY VERIFYING THE ORIGINAL PURCHASE DATE THROUGH THE PRODUCTION OF THE DATED SALES RECEIPT. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR USE AND OF ALL OTHER OBLIGATIONS OR LIABILITIES ON THE PART OF FORMULA VENTURES. FORMULA VENTURES NEITHER ASSUMES, NOR AUTHORIZES ANY PERSON TO ASSUME FOR IT, ANY OTHER LIABILITY IN CONNECTION WITH THE SALE OF THIS PRODUCT. THIS WARRANTY SHALL NOT APPLY TO THIS PRODUCT OR ANY OTHER THEREOF WHICH HAS BEEN SUBJECT TO ACCIDENT, NEGLIGENCE, ALTERATION, ABUSE, OR MISUSE OR, WHICH HAS BEEN REPAIRED OR ALTERED WITHOUT FORMULA VENTURES' WRITTEN CONSENT, OUTSIDE OF FORMULA VENTURES' FACTORY. FORMULA VENTURES MAKES NO WARRANTY WHATSOEVER IN RESPECT TO ACCESSORIES OR PARTS NOT SUPPLIED BY IT. THIS WARRANTY SHALL APPLY ONLY WITHIN THE BOUNDARIES OF THE UNITED STATES OF AMERICA. THIS WARRANTY GIVES THE ORIGINAL PURCHASER SPECIFIC RIGHTS, AND THE ORIGINAL PURCHASER MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

LIMITED FIVE YEAR WARRANTY

MANUFACTURER WILL WARRANTY FOR 90 DAYS FROM PURCHASE, ALL PARTS AND WORKMANSHIP; INCLUDING ALL CABLES, UPHOLSTERY, FOAM, GUIDE ROPES, PULLEYS, SHOCKS, TENSION MECHANISMS, AND FINISHES(AGAINST RUST),

MANUFACTURER WILL OFFER A FIVE YEAR WARRANTY ON ALL FRAMES, IT WILL BE THE MANUFACTURER'S OPTION AS TO WHETHER TO REPAIR OR REPLACE ANY OF THE ABOVE ITEMS.

ALL WARRANTIES ARE LIMITED TO THE ORIGINAL PURCHASER ONLY.

THE PURCHASER MUST FOLLOW THE MANUFACTURER'S INSTALLATION AND USE INSTRUCTIONS.

THIS WARRANTY IS FOR NORMAL IN HOME USE ONLY, IT IS NOT FOR CLUB, INSTITUTIONAL, RENTAL, OR COMMERCIAL PURPOSES.

UNDER NO CIRCUMSTANCES IS THE MANUFACTURER RESPONSIBLE FOR DAMAGES RESULTING FROM THE FAILURE TO INSTALL OR OPERATE PROPERLY.

IT IS THE RESPONSIBILITY OF THE CUSTOMER TO ESTABLISH THE WARRANTY PERIOD BY VERIFYING THE ORIGINAL PURCHASE DATE, (ORIGINAL SALES RECEIPT).

SEE THE FOLLOWING PAGES FOR A MORE DETAILED EXPLANATION OF THIS WARRANTY.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

RESPONSIBILITY OF
CONSUMER

THE FOLLOWING DATA IS NECESSARY FOR WARRANTY OF NORMAL WEAR
REPLACEMENT PARTS. WHEN BEGINNING THE ASSEMBLY OF YOUR NEW
PRODUCT, PLEASE FILL IN THE BELOW INFORMATION.

DATE OF PURCHASE. 19 _____.

NAME OF STORE WHERE PURCHASED. _____.

MODEL NUMBER OF ITEM PURCHASED. _____.

DESCRIPTION OF ITEM PURCHASED. _____.

TO PLACE PARTS ORDERS CALL 1-800-345-9950

SAVE THIS PORTION FOR YOUR RECORDS.

CUT ALONG DOTTED LINE AND MAIL THE BOTTOM PORTION TO VALIDATE
YOUR WARRANTY.

DATE OF PURCHASE. _____ 19 _____.

NAME OF STORE WHERE PURCHASED. _____.

MODEL NUMBER OF ITEM PURCHASED. _____.

DESCRIPTION OF ITEM PURCHASED. _____.

LAST NAME _____ FIRST NAME _____.

TELEPHONE NUMBER. AREA CODE (____) ____ - _____.

STREET ADDRESS _____ APT # _____.

CITY _____ STATE _____ ZIP CODE _____
SEND THE BOTTOM PORTION OF THIS CARD ALONG WITH PROOF OF
PURCHASE, I.E., SALES RECEIPT, CANCELED CHECK, CASH REGISTER
RECEIPT, CREDIT CARD RECEIPT ETC. TO:

FORMULA VENTURES
P.O. BOX 601695
NORTH MIAMI BEACH, FLORIDA.
33160-1695

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

Having trouble fitting all the pieces together, or did we forget something? Do not return to the retail store. Call Formula! Thank you!

Do not take it back.
Call Formula!

FORMULA

For further information about other quality products, please write us at:

FORMULA VENTURES
P.O. Box 601695
North Miami Beach, Florida 33160-1695
or call us toll free at 1-800-345-9950, between the
hours of 9:00am until 4:30pm, Eastern time
Monday through Friday.

VENDOR ID#890170